



# Negative Expectation Eliminator

*Blocks*

*Fear of being disappointed again*

*Fear of getting started*

*Waiting for the other shoe to drop mentality*

Oooooof, in truth, this is one of the hardest keys for me. As a kid and then adult that's moved A LOT (30+ times) my sanity saver with 16 international moves before I was 18 was my mom's ability to reassure my siblings and I with happy promises that the next place would be the best one yet.

And sadly, one of my core wounds growing up was that I was expected to fail and, if I could amount to something, it would be best if it was anything other than a creative. So due to that I've done much inner work around the power of expectations, both the positive and the pressured AF ones.

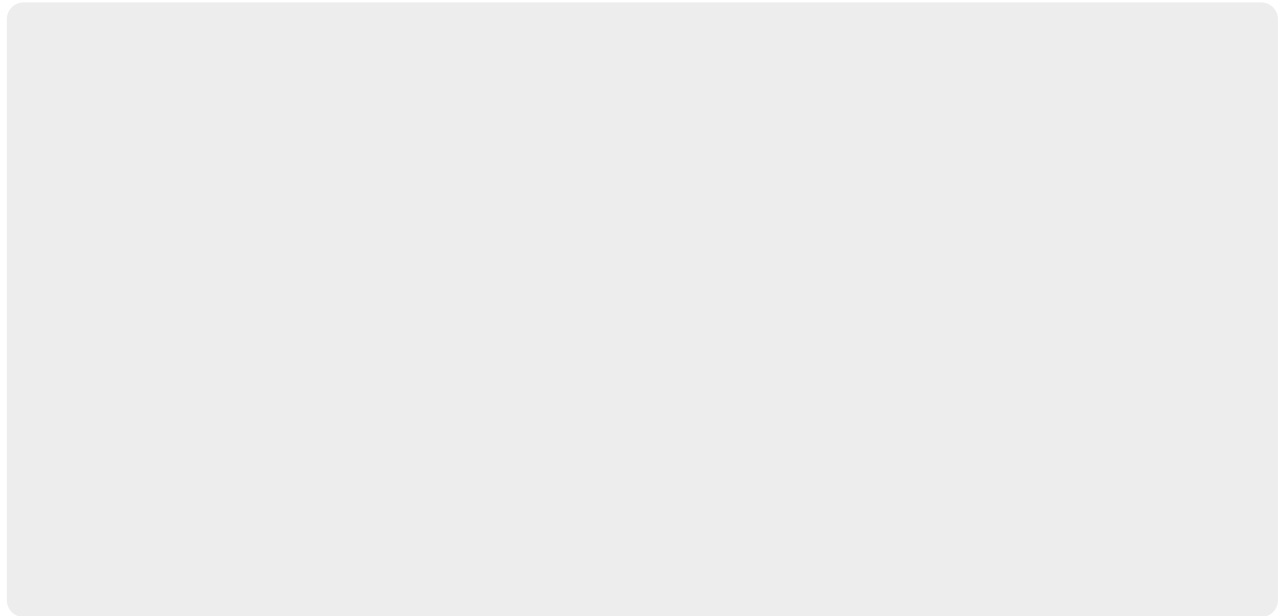
Negative expectations simply come from wanting to protect ourselves. Creativity is a huge healer of our doubtful expectations because when choosing to be or be in the mindset of it, you'll gain evidence of when you tried, risked to believe, and then did it or received something you didn't expect that blew any of your doubting socks clear off.

Cultivating this mindset is a key to your creativity and the art of creating your life.

## ? Provocative Question

When it comes to being more creative or creating what you want more of, and you feel into it for a sec, what's the instant naysayers comments on what that means? Don't overthink, just add your gut response.

What could you positively expect it could mean instead for you and/or your life?



### 😊 New You Action

Practice the power of May-Be Magick. I prefer to use this instead of 'what if . . . ' because that tends to put our brains into a this or that cognitive state. Also, 'what if' can get the fear brain going because it's usually what we say unconsciously when we're worried or in worst case catastrophizing.

Take a smallish issue or something you've been dealing with lately, like for instance feeling stuck in an aspect of your job or self care or creative project. Jot down 5 negative expectations about it and don't be polite. Let it rip and drip with negative expectations. Better out than in as they say!

Then breathe for a few, settle inside, and pose the May Be Magickal Q like this

. . ."Even though I don't know what's going to happen and that's also OK, what MAY BE also true and possible about this?"



Let yourself riff with positive May Be's. Write them down. Say them out loud too. When you feel the one that zings with aliveness/hope/joy/peacefulness/yesness in your body sensations go DO something about it right away (if you can) since procrastination is just doubt in action.



### Mystery Bag (Mindset - Magick - Money)

MAGICK - remember something in the past when a project, creative pursuit, work situation, or relationship worked out way better than you expected. Feel the emotions from it.

Now, using your imagination or in your mind's eye, merge that feeling with an image/sensation/feeling of something around the current issue that you'd like to positively expect.

Feel, see, sense it coming together in harmony. Place your hands on your heart and say MAY IT BE SO with an exhale and release of the energy.



# Notes & Inspirations